Exploration on the Spiritual Adults and the Innovation of Ideological and Political Education in Colleges and Universities

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Abstract: Ensure the college students’ thoughts reach "spiritual adults" can effectively ensure the healthy growth of students in the future. To explore the deep meaning of "spiritual adults" and to find the relationship between "spiritual adults" and ideological education in colleges and universities, to join the "spiritual adults" education concept in the ordinary ideological and political teaching process, which have an influence on college students’ spiritual and it can improve the level of college students' humanistic quality, enhance their social practice ability, and the influence of campus culture on the personality of college students.

1. Introduction

College students are the future of the country, the growth of college students is directly related to the future development of the whole nation. Teachers should do well in ideological and political education, guide students to set up lofty ideals, and cultivate students' healthy and positive psychological quality. Cultivating the humanistic quality of college students and reaching the "spiritual adults" can effectively guarantee the healthy growth of college students, and has a positive impact on the future and fate of the country. This article thinks about "spiritual adults" and analyzes the concrete application of "spiritual adults" in the ideological and political class in colleges and universities, this is very necessary for the current educational environment.

2. The necessity of "spiritual adults" in ideological and political education in colleges and universities

Colleges and universities should realize that college students are the successors of the state socialism in the future, so it is very important to improve the students' subject quality and ideological and political quality. Now people have gradually paid attention to ideological and political education, the ideological and political education work mainly faces the following key points: First, on the educational object, college students like to use "personality culture" to dress themselves, like independence but also difficult to really get rid of the dependence on the family, like to make out their own personality and have some rebellious in mind, like to help others but not enough responsibility. Second, in the university system, higher education has gradually evolved into education for all, the ideological and political work in colleges and universities has taken place very great changes, in the work content and intensity are very different from before. There have been changes in the system, such as the reform of the credit system, weaken the traditional concept of the class and reduce the dependence of students on the class. Third, in the social development environment, the employment of college students under the current situation is becoming more and more difficult, the school also gradually pay attention to the employment and entrepreneurship of
college students, which also causes the university to change in the ideological and political work arrangement[1].

3. The application strategy of "spiritual adults" in ideological and political education in colleges and universities

The current ideological and political education in colleges and universities still exist these problems: there is a clear gap between the ideological and political education and mental health education, teaching methods and its content is relatively single, the education assessment system is incomplete. When carrying out ideological and political education in colleges and universities, some teachers neglect the integration of mental health education factors, and do not mobilize the students' enthusiasm and active thinking consciousness from the perspective of psychology, which is not conducive to improve the teaching quality. Secondly, 45% of teachers still use a single traditional "lecture-type" teaching method, not to play the initiative of students. The content in the classroom is mainly the concept knowledge, the students feel very boring and lack of interest and motivation for the ideological and political and mental health learning. In addition, the current college ideological and political education evaluation system lack of subjectivity. The traditional assessment standard is to use the level of student achievement as a measure, and with the continuous development of education, the educational cause began to pay more and more attention to the students' political consciousness ability and psychological quality. If only the scores of students as the evaluation standard of ideological and political education quality, this will lead to some teachers too pursuit of the paper but ignore the importance and shaping of ideological and political and mental health education on students. Moreover, some teachers will adopt the form of classroom assessment when carrying out the education examination, that is the teacher's own proposition and formulation of assessment standards, let students in a limited classroom time to use open-book or closed-book answer. This kind of assessment method can only check students' grasp of basic concept knowledge and regular classroom observation, can not conduct a comprehensive assessment of students' political consciousness ability, only let students passively accept investigation, and completely ignore the subjective acceptance of assessment subjects, often appear some students have rebellious psychology, do not like to learn ideological and political knowledge, even the phenomenon of skipping classes, cheating in examinations and so on. These phenomena can be solved from the following aspects:

3.1 Carrying out ideological and political teaching activities scientifically, enrich students' psychological world

When carrying out ideological and political teaching, teachers should pay attention to effective combination of ideological and political education and mental health education, absorb teaching material resources, help students to adjust their mentality, relieve psychological pressure, overcome resistance and intractable factors, face ideological and political courses, deal with the contradictions of grade examination, professional learning and ideological and political study, abide by school rules and respect teachers and classmates. For example, when analyzing the textbook of ideological and moral cultivation and legal basis, teachers should pay attention to the course content, using ideological and political work to guide and educate students actively, pay more attention to students' psychological confusion, and help students to solve difficulties, out of psychological shadow, cultivate students' healthy psychological quality. To guide students to abide by and practice social morality, face setbacks, overcome any difficulties in life, learn social knowledge, accumulate social experience, and lay the foundation for future employment. Teachers can help students relieve the pressure by improving the cultural and entertaining nature of the ideological and political teaching, organizing the skipping teaching activities, and let students write their psychological confusion on the anonymous paper before class, and then organize the valuable information into the courseware. Combining with the ideological and political knowledge such as “Improving ideological and moral quality and legal quality”, “Pursue lofty ideals and strengthen lofty beliefs”, and “abiding by moral
norms, tempering noble character” and so on, to teach the students how to relieve the pressure and overcome the difficulties. Teachers can also insert "Fate Symphony" in the courseware, let students appreciate the Motivational film “invisible wings”, enhance students' spiritual motivation and self-confidence, set up students' optimistic beliefs, shape students' positive and healthy mentality, and make students learn ideological and political knowledge easily and happily.[2].

3.2 Playing the role of college counselors in the classroom teaching of college students' adult and talent

The counselors should pay attention to strengthen the classroom cohesion, follow the development of the Time Education, make the perfect courseware with the help of modern technology, and summarize the ideological and political knowledge in simple language, so as to mobilize the students' enthusiasm and improve the classroom teaching effect. For example, when explaining Marxism and Maoism, counselors can present the key knowledge with clear courseware, let students understand that "introduction to the basic principles of Marxism" mainly expounds the scientific system and essential characteristics of Marxism, and expounds the essential law of the material world. Telling students that Maoism was a political, military and development theory advocated by chairman Mao and practiced in the Chinese revolution of the 20th century, the important contents have “A little spark kindles a great fire”, “Power grows from the barrel of the gun”, “Village attacks city”, “16 - word guerrilla warfare”, “Mass line”, “Unite all the people who can unite”, “Literature and art serve proletarian revolutionary service”, “Continuation of the theory of revolution” and on. Maoism after the reform and opening up is the collective wisdom crystallization of the first generation of the communist party of China. Using this kind of teaching mode to explain the ideological and political knowledge, promote the development of the flexible education, expand the students' horizons, and facilitate students to grasp the key knowledge.

In addition, multimedia aided tools provide rich teaching resources and equipment for ideological and political education in colleges and universities, counselors should give full play to the advantages of multimedia technology, make full use of all teaching resources and use three-dimensional and dynamic ways to show ideological and political knowledge to meet the development requirements of the times. At present, many students do not understand the ideological and political knowledge in textbooks, for this problem, counselors can use the network platform to collect valuable teaching resources for students, to assist students to master the knowledge they have learned. For example, when explaining “The Communist Manifesto”, counselors can through the presentation of structured courseware to let students know that “The Communist Manifesto” fully expounds the main ideas of Marxism, reveals the internal contradictions and development law of the capitalist society, and demonstrates that capitalism will inevitably go to extinction and socialism will win.

3.3 Perfecting the current teaching mode of ideological and political education

Teachers should pay attention to using modern educational technology, textbook and various teaching methods to improve the contemporary ideological and political teaching mode, mobilize students' interest in learning, focus on classroom cohesion, guide students to participate actively in teaching activities, let students take turns teaching, combining teaching content to organize cultural activities for students. In the education of socialism theory system with Chinese characteristics, counselors should assist students to understand Maoism, Deng Xiaoping theory, the important ideology of three representatives, scientific development concept and the meaning of Chinese dream, through the exploration and development of resources in the teaching materials, improve students' cultural literacy and promote the overall development of students.

For example, in the analysis of "Maoism", let the students write a paper on the topic of "red tour", in explanation "Pursue lofty ideals and strengthen lofty beliefs", hold a speech contest "my ideal" for students, this can inject fresh vitality into the ideological and political classroom, and mobilize the students' learning enthusiasm. When the teacher talks about the book "An introduction to Maoism and the theoretical system of Chinese socialism", the concept map teaching method can
be applied to the teaching to help students understand abstract and complex political knowledge, concept map teaching can be applied to teaching to help students understand abstract and complex political knowledge. Students can improve their own political quality in the learning process, and then cultivate students' reflective ability, so that students can achieve the goal of autonomous education, management and regulation. Teachers can also use various methods to spread the ideological and political knowledge, strengthen the ideological education of students, and expand the ideological and political knowledge base with modern network technology, lead the students to study "On the classics of Maoism", "Ideological and moral cultivation", "The knowledge group of Marxism - Leninism", "Legal lecture hall" these books, to build multi-modal education and network distance education platform for students, effectively strengthen the communication and interaction between teachers and students, students and students, teachers and multimedia, students and multimedia, with the help of network bridge to explore educational methods and political news with students, so as to promote the development of ideological and political teaching comprehensively [3].

4. Conclusion

The current ideological and political education has gradually attached importance to the personality shaping and spiritual cultivation of college students, and regard it as the focus of ideological and political education work. Ideological and political education is a kind of spiritual practice, which teaches college students how to be a man, and teaches college students' life better growth, development and improvement. Educators need to use correct beliefs to guide students, build a strong spiritual world of students, and promote students' better "spiritual adults".

References


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